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## PRACTICAL SUGGESTIONS



IN bathing a baby who dislikes getting into the tub, try folding a crash towel and putting it at the bottom of the tub; it may make him like it.

S. W.

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IN an obstinate case of fish bone sticking far down in the throat, several marshmallows swallowed whole (it can be done) as rapidly as possible, will carry down the bone.

S. W.

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FOR insomnia, an electrical vibrator, attached to an ordinary electric wire, applied to the spine and arms, gives much relief. Or, try the following, handed down by a scrub woman from an old German doctor, it has been known to give relief when other remedies failed. Put socks on the patient, then with a sponge and a bowl of water, thoroughly wet them. Wrap each foot in a large piece of flannel or half a blanket, pinned, to protect the bed. The wetting is repeated as often as the patient awakens. When the socks are removed, rub the feet with alcohol and apply external heat.

N. E. B.

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A RESTLESS patient is often soothed by simply moistening the soles of the feet. This may be done under almost any circumstances if alcohol is added to the water used.

A. E. W.

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HAVE you ever tried a rubber sponge in place of the ordinary wash cloth in giving a bath? It is a luxury! No cold corners dangling about to give one the "creeps."

A. E. W.

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GUM chewing after meals is often effectual in relieving indigestion. Try spruce gum. If indulged in too freely, however, certain facial muscles become abnormally developed.

A. E. W.

A DRY brush removes fresh deposits from the teeth much more effectually than a wet one. When once freed from the teeth they can be removed from the mouth with a wet brush or by thorough rinsing with clear water. Try brushing the teeth up and down rather than across. It may be a little awkward at first but the surfaces *between* the teeth are more thoroughly cleaned in this way. That is where decay often begins.

A. E. W.

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A LINEN Turkish towel is excellent when friction is needed and no bath desired. A splendid substitute, and cheaper, is a towel dipped in a strong brine—preferably of sea salt—and dried without wringing. Several may be prepared at once and be put away for future use. They are equal to a salt rub and are very refreshing, giving a warm glow to the skin.

A. E. W.

